



Issue 39

November 2024

Your monthly update on WMS News and Events

Chairman's Foreword:

"This month I would like to highlight the momentous effort of Steve Worth who recently completed a mile a day for 31 days in October. He did this to raise funds for a Pancreatic Cancer charity. In order to raise as much as possible Steve approached Tesco's store who provided him with a hamper to raffle off. The generous members of our shed raised another £125 towards the charity. Well done Steve and well done all."

Malcolm Trayhorn - Chairman - email: malcolm.trayhorn@gmail.com



Christmas & New Year opening: - 09:00 till 12 noon



Monday 23 rd December	Social room & Woodwork shop ONLY – OPEN
Wednesday 25 th December	SHED CLOSED
Thursday 26 th December	SHED CLOSED
Monday 30 th December	Social Room ONLY – OPEN
Wednesday 1 st January	SHED CLOSED
Thursday 2 nd January	Woodwork shop & Tech room - OPEN

Watton Remembrance Day:



Several members of the Shed attended the Remembrance gathering and wreath laying ceremony at the war memorial in Thetford Road on Sunday 10th November. Alan Diver accompanied by John Bunning represented our shed and laid a wreath on our behalf.



Editorial:

Welcome to issue 39 of "THE SHED JOURNAL"

"Members are welcome and indeed encouraged to contribute articles about themselves (with or without pictures) of days out, holidays, life/work experience, hobbies etc. I'm sure we all have a story to tell, once you start writing it will flow.

Also, if you come across an interesting article, please send it to me or point me to it or if you hear of anything interesting or informative to include i.e., Scams, DIY/Gardening tips, a film, book, magazine or music review, a good TV or radio station then please feel free to send me details and I will consider them all. The more of you who contribute the more interesting and diverse we can make it."

Note: *"Political, Financial and Religious articles will be closely scrutinised before publication. However, defamatory articles will not be published."*

"Please advise of any errors/typos and feel free to send me your comments, good or bad. I strive to please."

John Chamberlin - Editor - email: bjcoi8@gmail.com





Latest News on Shed Facilities and Amenities:

Main Social Room:

“The Main Social Room is where the larger part of our membership congregates to catch up with fellow shedders over a cup of tea/coffee. Several groups develop for a game of something or other with other groups forming to chat about whatever comes up, the news, holidays, home, hobbies, family etc. All are a friendly bunch and welcome other members to join in the conversation and banter.”

Remember that we have a trolley containing a variety of Books, DVDs, and CDs in the social room. Please feel free to help yourself, these can either be kept or returned.

Members are politely reminded of the importance of coming to the social room to sign in.

John Chamberlin – Editor

The Carpentry Workshop:

“The woodwork shop continues to develop. Rob Fielding and his team of 4 or 5 regulars are doing a wonderful job and enjoying themselves in the process.

Just take yourself out there to see what’s on offer, you might be very surprised. Who knows, you may well come away with new skills or pass your own skills on to others.”

John Chamberlin – Editor

The Computer Room:

“Hello everyone

I hope I find you all fit and well. I would like to give a BIG shout out to the computer team members and thank them for all they are doing. You may have noticed that I am not in attendance on a Monday, a few reasons, but mainly due to ill health which I am hoping to find the reason for this later this month. You can rest assured the computer group will help you if they can; they are a very capable group, I am very proud of them.

A little bit of a setback for the group, at a recent committee meeting, it was decided that a storage container would be a unsuitable choice for our surplus storage needs, as the idea was to place the container next to the back of the old grounds men building (to the side of the computer room), the problem was raised of getting it there in the first place, and would have caused concern, also other reasons were discussed, so basically John Bunning and I were out voted. So, plan B for us is to look at are stock and decide what we need to keep, or can sell off, and were possible scrap the rest.

Believe it or not John Bunning and I are collecting more computer surplus from Anglia Computer Solutions, (this was a pre-arrangement), and these items will be stored at Browns Farm in Watton, who have kindly found us a storage area at no cost to WMS.

So, apologies if you visit the Computer Group and it looks like a bomb has hit it, we are sorting out our stock!”

Jeff Heath - Computer Group Supervisor - email: jefferyheath2017@yahoo.com





The Shed Journal



Shed Journal Quiz:

The Journal will now contain a themed quiz. I compile every quiz from scratch, looking up and triple checking each answer (I do not download them). Contact me with any suggestions on subject matter.

COUNTY LINES	
1	First Cream then Jam just to be different
2	Home to the world's longest pleasure pier
3	England's northernmost county
4	You get twice as much cheese somewhere in this county
5	Buxton's water springs from this county
6	Wear your best feline grin to be welcomed here
7	The tallest Cathedral spire in England can be found here
8	The Garden of England
9	The home county of a famous Pork Pie
10	These Seven Sisters live in this county
11	Boadicea's Roman vengeance began from here
12	Blenheim Palace can be found in this county
13	The Wrekin Mountain casts its view from this county
14	"Up the stairs to _ _ _ _ _"
15	Enhance your Sunday lunch with these tasty additions
16	Where the cider apples grow
17	The Red Arrows call this county home
18	This English County boasts the longest coastline
19	The Enigma Code was cracked in this county
20	These Punchy horses are very at home here
21	You will find RHS Wisley & The Royal Botanic Gardens here
22	This county boasted the UK's first section of UK Motorway
23	In a fashion, things are all Ship shape' here
24	The Bard of Avon's birth county
25	A breed of Bull Terrier takes its name from this county

Quiz answers are on the last page.





The Shed Journal



Social programme:

Our Social Secretary is very adept at organising an excellent programme of events. Malcolm is, however, open to suggestions and ideas, so please put your thinking caps on. Suggestions to Malcolm please.

Recent events:

There have been no recent events to report on.

Upcoming Social Calendar:

The social calendar is now winding down. Malcolm will as always fire it up with gusto early in 2025.

Event	Date	Venue	Time	Estimated cost
Thursford Spectacular	Wednesday 4 th December	Thursford - By coach	16:30 Queens hall	£60 per head 4 tickets available
Mulled Wine & Mince Pie	Monday 9 th December	Bowls Room	Between 10am to 1pm	FREE
Christmas Meal	Thursday 12 th December	Broom Hall - Meet there	18:30 for 19:00 sit down	LIST NOW CLOSED

Thursford Christmas Spectacular: Wednesday 4th December

“Just a reminder for all those going to Thursford. The coach will be leaving Queen’s Hall car park at 16.30. This will allow us to take in the light show and visit the shops etc. before the show starts at 19.00. Due to some cancellations, I still have 4 tickets for this event so if you know anyone who would like to join us, please let me know soonest.”

Mulled wine & Mince Pie event: Monday 9th December

“This event will be held in the social room at the sports centre. Please put your names on the list which is now displayed on the notice board. Offers of mince pies gratefully received (no more than 6).”

Christmas Meal: Thursday 12th December

*“The list for this event is **now closed**. Please check on the notice board at the shed or with me that you are on the list if you are coming. I need all monies and menu choices now please. It will be a 6.30pm arrival for a 7pm sit down. Any questions then please speak to me or contact me.”*

Malcolm Trayhorn - 01953 529531 - email: malcolm.trayhorn@gmail.com

Treasurers note:

May I respectfully request that when you pay by BACS that you use the correct reference, i.e. ‘Cromer Pier, ‘Thursford,’ ‘Christmas Meal’ etc.

Also, if you are paying for more than one event at the same time, could you please use a separate BACS transfer for each individual event. This would help me to clearly identify each transaction.





Member groups:

The Shutterists:

“The “Shutterists Group” are a friendly bunch of Shedders who are keen photographers with an un-written objective of doing it “FOR FUN” and combing it with the “LOVE OF A GOOD WALK.””



The group’s focus is;

1. Monthly Group outings to photogenic places within East Anglia.
2. Learning and improving our own camera handling.
3. Learning to ‘enhance our photographs’ with minor adjustments in Photoshop.
4. Taking part in a monthly Photograph Challenge.

Shutterists Revisit to Dersingham Bog:

“It was good to be back with my fellow Shutterists this month as we embarked on a revisit to Dersingham Bog in the hope of capturing seasonal photographs of Autumn as it began to take effect on the woodland. So, it was with eager heart and bags of enthusiasm we set forth from Watton for the journey along country lanes taking in the beauty of the lovely Norfolk scenery.”

Dersingham Bog is a favourite location for the Shutterists because of its diverse habitats and views; each one providing opportunities to test their photographic skills. These include wide vistas as well as more intimate landscapes and of course the possibility that a passing bird or other local fauna may put in an appearance temping the skills of the wildlife photographers amongst us.

A very pleasant couple of hours was spent exploring the location and spirits were high when we regrouped ready for the next stage of our outing ... you’ve guest it FOOD!! A return to one of our favourite hostelries had been arranged and we eagerly made our way to The Anvil Public House in Congham where, once again we were not disappointed. From favourites like liver and onions to chicken sizzle dishes our meals were consumed in a most convivial atmosphere recounting the mornings visit to the beautiful Dersingham Bog.

I’m pleased to report we all safely returned to the bosom of our homes, and all look forward to our November foray which will be to Woodbridge - another location we have previously visited.

If you would like to join us on one of our jaunts or would like further information regarding the “Shutterists” or what we get up to please don’t hesitate to give me a call or drop me an email – you will be made more than welcome.

The winning photographs are shown below and were judged this month by Steve Franz”

	<p style="text-align: center;">GOLD</p> <p style="text-align: center;">‘Fungi Matters’ by Stewart Haile</p> <p><i>“For me this has it all, great composition sharp, focus and outstanding lighting. Superb photo.”</i></p>
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SILVER

'Nice & Snug'
by
Bob Darts

"I like the composition with just the right amount of light on the main subject, very nice shot."



BRONZE

'Lovely Gills'
by
Mark Tindale

"The out of focus background made the main part of the picture stand out. Nice shot"

Shutterist group members all use camera types, DSLR, Compacts, Mirrorless, Film, Phones, Pin Hole, Box Brownie, etc... However, even though we are predominantly a Photographic Group, cameras are not a pre-requisite for trips out and warmly welcome all fellow members of WMS to enjoy our planned visits. For example, one of our keen members is more into Art, than photography, and will attend outings with his charcoal and sketch pad.

"If you would like to join us on this or any of our ventures, you'll be more than welcome. You don't even need to own a camera, just come along for the stroll, and enjoy the company of a group of members who have been described as "Just like the characters in "Last of the Summer Wine" ... but on steroids!!!"

Interested? Come and see me at the Shed on a Monday morning or contact me:
Bob Darts – Shutterists Photo Walk lead - 07825 756481 – email:




The Shed Journal



Shutterists 2024 monthly challenge:

“For this year’s monthly challenge, we are heading to the movies. Each month a film title will be provided to function as inspiration. You are welcome to enter both a colour and a black and white image and entries are welcome in all artistic mediums (Photo, Sketch, Painting etc). We're still waiting for our first pottery entry.”



Wayland Men’s Shed
Shutterist 2024
Monthly Photography Challenge
‘Year at the Movies’

“The film for September was **”Plane, Trains & Automobiles”** The winning pictures were as follow



GOLD
‘Steam Dreaming’
Shot by
John Ford



SILVER
“Transport for Me”
Shot by
Neil Rowe



BRONZE

“What no Planes”

Shot by

Mark Tindale

OCTOBER PHOTO CHALLENGE

‘The Favourite’

September’s movie is ‘**The Favourite**’ closing date 28th November.
“Any questions please don’t hesitate to drop me an email.
wayne.rutter.1979@hotmail.com
Happy snapping (or creating).”

Wayne Rutter – Shutterists Monthly Challenge lead
email: wayne.rutter.1979@hotmail.com



Shanties at the Shed:

“November marks the beginning of a flurry of gigs around Christmas and the New Year. By the time you read this we will have performed at the Mattishall Community Hub and at Linden Court Care Home (reports of which will appear in the December Journal). It will then be back to rehearsals in preparation for December’s gigs in Banham and Watton. In addition to our usual fare of sea shanties, some of the group will also join to provide Christmas entertainment (in the form of Christmas music, songs, and poetry) at Buckingham Lodge and Linden Court care homes in the run up to Christmas.

Such is the march of time; it is hard to believe that the Shanty Group has now been in existence for more than two years. To mark this milestone, a dinner was held at the Olde Windmill in Great Cressingham. Our thank go to Wayne for organising the event which was much enjoyed by those attending.

The group is very pleased to report that we have gained two new members in **Sid Weiner** and **Chris Kilburn**. They are most welcome, and we hope that they will enjoy singing with us. We are always looking for new members (both singers and instrumentalists). It costs nothing to give it a go other than the normal shed weekly £2 sub.”

Our next rehearsals will be on:

Monday 2nd and Wednesday 18th December 2024

Monday 6th and Wednesday 15th January 2025

Interested? Contact *Nigel Potter* – Shanty group lead - email: silveralto@gmail.com





The Shed Journal



The Music Club:

*“The Music club was back in our normal room this month and proved to be another popular day with a new record of 20 members attending. This month's theme was **“In the Country”** which as normal lead members to choose some very different songs (but no videos this month, even though one song would have probably benefitted from it!). Last time we were in this room there was an outburst of singing, and this month Malcolm took it a bit further and danced.....*

There was a clear winner this month, just sneaking in as the last track played. As we had a few latecomers, the scores are averages again this month The top tracks of the day were:

- 1st “Goodbye Yellow Brick Road” by Elton John which scored 7.57*
- 2nd Main theme from “The Big Country” soundtrack on 7.36*
- 3rd ”Into the great wide open” by Tom Petty and the Heartbreakers on 6.79*
- 4th “Going up the country” by Canned Heat on 6.76*
- 5th “Strawberry Fields forever” by The Beatles on 6.33*

The group also began the selection of next year's themes by completing voting forms to reduce the 40 suggestions to 12. The results will be in next month's issue.

*Next month's meeting is on **December 4th**, and the theme is **“When I was a Teenager”**. Thanks to Bill Gautier we will be having a Music Quiz after this session, starting around midday, which will be open to any Shed member – see the note elsewhere in the Journal.*

We always have a good time and lots of good-natured chat, so if you enjoy music of any kind why not come along? You don't even have to bring along something to play if you don't want to, as you are more than welcome to just come and listen to our many and varied selections. Please don't forget to sign in and pay the usual £2 session fee.”

Interested? Contact [Dave Cooper](mailto:dave.cooper@shedjournal.com) – Music club lead - email: dwanddrc@gmail.com

Music group Addendum:

Thanks to the kindness of one of the music club's members, Bill Gautier, we will be hosting a music quiz after our December meeting on Wednesday 4th. This will start around midday and will probably last an hour and a half or so. It'll be held in either the bar of the Sports Centre or our normal music club room at the back of the bar by the pool table. So that I can gauge where to run it, could you please let me know if you would like to take part before the end of November, and I can make the necessary arrangements. It's going to be a light-hearted event so feel free to bring in a drink or two.....

Editor's note on groups:

“Do you have an idea for a similar group? For example: A walking group, a book or cycling club, games group, maybe a common hobby or interest then please email the idea to Malcolm - malcolm.trayhorn@gmail.com. Such groups will be fully supported by the committee but arranged and run solely by the interested members.”

Note: *“A group does not have to be several members; you may just find one other like-minded individual to start with and others may well join you later.”*





Other News, Notices, Events & Interesting Articles:

Gastro Jaunts around Norfolk Number 18:

“Talk about famine or feast, we hadn’t eaten out for ages then we ate out for almost a week. It was my birthday, so I invited the family out for Sunday lunch, the problem these days is that lots of establishments ONLY do roasts on a Sunday, and I like a bit of variety. So, I checked out a few local places and was very impressed by the menu being offered by the White Hart at Hingham.

I had eaten there a couple of years ago and not been impressed; however, I had heard a few good reports and as it was now under different management, I thought we’d give it a try, and I’m so glad we did. Eight of us rolled up at 3pm on the Sunday and were immediately shown to our table by the charming and enthusiastic waitress (are we still allowed to use this term, or has it been Woked?). We were asked if we would like a drink straight away (always a good sign) then we all chose from the menu, I won’t bother you with all the details suffice it to say I ordered the baked camembert, and Chas ordered the stilton stuffed figs for starters and half a rack of ribs each for mains. We all ate heartily and there were no complaints (which is a miracle for my lot!). A memorable, for the right reasons, Sunday lunch.

Monday late morning we set off for Sheringham to the holiday apartment we have rented for the last couple of years. We did the usual round of eateries: fish and chips, Thai, pubs etc but saved the best till last, one of our favourite eateries of all time Rocky Bottoms at West Runton. I know I have written about this before, but I feel it’s worth another mention. We booked a table in the Glass Room (no dogs allowed- there are plenty of tables where they are permitted but at last a restaurateur who recognises that there are some people who do not like dogs around them while they’re eating, sorry all you dog owners out there but it must be said, especially in the North Norfolk sea-side towns!)

We both had the Brancaster oysters to start, for mains Chas had her favourite warm lobster salad, and I had the crab with pappardelle (wide tagliatelle), both were delicious. The service was exceptional, and the waitress went out of her way to say we did not have to pay the included service charge, but I said it was worth every penny. We’ll be back.”

Submitted by [Les Waller](#)

Watton Events 2024:

Sunday 17 th November	Christmas Market – Watton Sports Centre
Sunday 24 th November	Festive Market – High Street, Watton
Sunday 15 th December	Carols and Festive Songs - St Mary’s Church, Watton

If any member knows or becomes aware of any events in the Breckland area, please let me know.

[John Chamberlin](#) - email: bjcoi8@gmail.com

What a load or rubbish:

- A booking system for Norfolk recycling centres is now being introduced.
- From 18 November you must have booked a 15-minute time slot to visit a Norfolk recycling centre.
- From Monday 11 November 2024 you will be able to book for 18 November onwards.
- If you want to visit a recycling centre before 18 November, you do not need to book.
- You can book up to one week in advance of your visit.
- Each time slot is 15 minutes. You will need to arrive within the time you have booked.
- There is no charge to make a booking, and you can make as many bookings as you need. Charges still apply for trade waste and household waste over the free limit.
- You can only book one slot at a time. But as long as they are available, you can book as many slots as you need each day.



This idea will be a car crash for certain:

Car parking charges are set to be introduced in five Norfolk market towns for the first time.

Users of 30 council car parks in Attleborough, Dereham, Swaffham, Thetford and Watton will have to pay for parking by autumn 2025.

Breckland said that ongoing budget pressures were forcing it to find alternative measures to pay the current bill for upkeep of the car parks, which amounts to £450,000 a year.

Each market town would have one car park offering the first hour's parking for free, with tariffs between 50p and £1 for the first chargeable hour across the district. The cost will then increase by about 40p per hour.

The cost to park for an entire day would range from £2.50 in Watton to £3.80 in Thetford. Charges would be enforced from Monday to Saturday between 8am and 6pm, with a flat fee of £1.20 for Sundays.

The council will allow free parking to be offered during a select number of days for each town to support local events on an annual basis.

Postscript from the Breckland Council Website:

Breckland Council has launched this public consultation to gather your valuable insights on potential updates to our town centre car parking system. Whether you own a vehicle or not this is a chance for you to directly influence the decisions that will ensure the long-term sustainability of our district's parking facilities.

Each year, the Council allocates approximately £450,000 to maintain our 30 car parks across the five market towns. As we look ahead, we want to ensure that our parking services can continue to meet community needs, while also being financially sustainable. This is why we are exploring cost recovery options, including a modest charging model, which would enable us to maintain and improve our parking facilities, whilst protecting all other Council services.

We understand this is an important change, and we want to design a system that works well for everyone. This consultation has been thoughtfully structured, with proposals such as: designated free parking periods, modest charges (to follow), and potential permits for residents, businesses, and volunteers. We are eager to hear your thoughts on these ideas.

Our commitment to transparency and inclusivity has guided us throughout this process. By contributing your thoughts, you will help us ensure that this new system reflects the diverse needs of our community.

Alongside your completion of this questionnaire, we would greatly appreciate you encouraging your friends and neighbours to either participate online at www.breckland.gov.uk/car-parks or to attend one of our engagement events:

Swaffham Assembly Rooms - Monday, 11 November, 11:00 – 19:00

Turners in Attleborough - Tuesday, 12 November, 11:00 – 19:00

Thetford Library - Tuesday, 19 November, 11:00 – 19:00

Dereham Library - Thursday, 21 November, 11:00 – 19:00

Adcocks in Watton - Wednesday, 27 November, 11:00 – 19:00

Together, let's shape a parking strategy that enhances our town centres and serves our community for years to come. Thank you for being a vital part of this important conversation.

Kind regards,
Councillor Paul Hewett

News Flash:

Just in case any of you had not heard, what was the old “**Wayland News**” is now being published once again. Its new title is the “**Watton and Wayland Times**” Each issue is due for publication on or around the 15th of each month, copies can be collected at ‘Adcocks’ and at several other locations. Julian Horne is a very dedicated editor and is exceptionally good at what he does.



This could be a very deer hobby:

Driver warning and tips from GEM: Deer are on the move.

- Figures from the British Deer Society suggest a car hits a deer every seven minutes in England
- The next few weeks will see a peak in deer mobility, as the breeding season gets into full swing
- Periods of highest deer activity tend to occur at dawn and dusk, coinciding with the morning and evening rush hour

Road safety and breakdown organisation, GEM Motoring Assist, is warning drivers to be on the look-out for deer on the roads. The next few weeks will see a peak in deer mobility, as the breeding season gets into full swing.

This means more deer crossing roads, with an increased risk of collisions, says GEM. Periods of highest deer activity tend to occur at dawn and dusk, coinciding with the morning and evening rush hour, increasing collision risks in areas where deer are common.

Experts believe the UK deer population numbers more than two million, and figures from the British Deer Society suggest a car hits a deer every seven minutes in England. Research from the RSPCA shows around 75,000 deer are involved in vehicle collisions each year¹, with 10,000 killed instantly.

The human death toll from deer collisions ranges between 10 and 20 annually, with an additional count of around 450 serious injuries. Industry estimates put the cost of damage to vehicles alone to be at least £17 million.

GEM head of road safety James Luckhurst said: “Autumn brings the risk of more deer activity, and it should not be a surprise to see deer crossing roads. The risk of a collision is increased because the shorter daylight hours mean we need to make more journeys in the dark.

“That’s why we’re encouraging drivers to be extra observant, and to know what to do if they come across a deer on the road ahead.

“Experts² say not to swerve to avoid hitting a deer. If a collision with the animal appears inevitable, then the safest option is to hit it while maintaining full control of your car. The alternative of swerving towards oncoming traffic or into a verge or hedge could be a lot worse.”

GEM offers simple tips for drivers to reduce risk from deer collisions:

- Swerving to avoid a deer could prove a very dangerous if it leads to a collision with another vehicle.
- Take note of deer warning signs. These are placed in locations where wild animal crossings are likely, so keep your speed down and be ready to encounter a deer at very short notice.
- Don’t assume it’s just a countryside problem. Deer populations have risen and spread in recent years. Although rural areas tend to present the highest risk, deer sightings have become increasingly common in more urban locations – such as on roundabouts, in parks and cemeteries.
- Be particularly alert at dawn and dusk when deer are most active.
- If you spot one animal, it’s likely there may be others following, so don’t speed up and assume the danger has passed.
- If you do hit a deer, report it to the police, even if you’re uninjured and your car isn’t damaged, as the deer may be fatally injured and suffering.

Submitted by [Jezz Hookham](#)

Don’t bank on it: The Watton banking hub has moved to 56 High St, Watton



Banking Hub at Wayland House – Opens Monday – Friday 09:00 – 17:00

Mondays **Halifax** - Tuesdays **NatWest** - Wednesdays **HSBC** - Thursdays **Lloyds** - Fridays **Barclays**

Withdraw & Deposit cash – Deposit cheques – Pay utilities – Check balances – Banking advisors Tue - Fri

Note:

Lloyds and Halifax branches in Thetford and the Lloyds branch in Fakenham are due to close in May 2025



The Shed Journal



What3words?

Every 3m by 3m in the world now has a 3-word address, this is the simplest way to communicate that precise location in an emergency. Emergency services across the UK are now using 3-word addresses to easily find and share locations in emergencies.

What3words has already been used to locate a hostage who didn't know where they were, respond to rural road accidents and locate a lost child.

Emergencies can happen anywhere, from a broken-down vehicle to a major natural disaster. A 3-word address can tell us a precise location anywhere in the world. This supports response teams in coordinating their operations.

With the geographical area we live and work in, this app could speed up how quickly help arrives when it's needed most. This can make the difference between life and death.

Submitted by – [Steve Worth](#)



Watton & District u3a

Joining your local u3a is a great way to find and develop new interests and make friends in a relaxed environment.

Reasons to join:

- Make a difference, stay active, keep learning, and have fun.
- Get out to meet face to face – learning together and making the most of life.
- Access to online learning, training, and resources to inspire you. Members can attend learning events and talks for **free**.
- Meet other people with similar interests: learn new things and share your skills.

Our monthly meetings are held in the Methodist Centre, High Street, Watton, IP25 6AB (next to the Methodist Church), from 2pm to 4pm on the 4th Thursday of Every Month (Doors open at 1.45pm). We have monthly speakers and end the afternoon with tea, biscuits, and an opportunity to chat. Visitors are always welcome at our meetings, why not come along and check us out, or contact our membership secretary, Chris Warne, on 01760 440 820.

Coming up this Autumn: -

15th November – Fundraising Quiz Night at Wells Cole Community Centre, Saham Toney

28th November – Monthly Talk - Paul Weatherill – Shelter Box Project

Full details to follow. We look forward to meeting you.

Submitted by - [Maureen Ayling](#) – U3A Secretary

Men's Shed – We care:

Members of our shed have a variety of reasons for being a member.



- Having other male companionship.
- Reducing the feeling of loneliness.
- Meeting up with others.
- A way of making new friends.

Whatever the reason there is plenty of evidence that our shed is making a difference.

It has come to my attention through recent events that there are men in the area who are desperately in need of support and may not always be able to attend our meeting room.

Would any members, who are able, be prepared to visit a vulnerable male once or twice a week at their home? If you feel that you may be able to assist, please contact me and I will give more information.

[Malcolm Trayhorn](#) – Chairman - email: malcolm.trayhorn@gmail.com



UK Men's Shed Association (UKMSA):



To find out more about the UKMSA, type or, cut and paste this line into your address bar. This will take you to the latest issue of 'Shoulder to Shoulder', the UKMSA magazine.
<https://mailchi.mp/ukmsa.org.uk/shoulder-to-shoulder-september-2024?e=7c00b591b8>

Co-op Community Grant Award:



A big thankyou goes to the Co-op, who selected our shed as a recipient of a grant resulting from their members choosing us as a worthwhile community cause. For the past few months, we have had a noticeboard display and posters in the Dereham branch and thanks go to Mike and his staff for their support. Money received amounts to £1,500. As we were allocated the Dereham store and there is a Men's shed in Dereham it has been decided by the committee that we should donate £200 to them. Also a reminder that the Co-op funeral service continues to supply us with coffee and tea, so thanks to Howard and his team for their support.

Defibrillators:



There are **two** Defibrillators in the Sports Centre. Please make yourself familiar with **both** locations.

The first is located at the far end of the Bowls Club Room.
The second is located just outside the Lounge Bar, just off reception.



Prostate cancer:



Professor Mark Emberton is a world leader on the subject of Prostate cancer. The lecture is available on you tube and well worth a look. It will tell you everything you might want to know. Cut and paste this link into your address bar.

<https://menssheds.org.uk/wellbeing-resource/prostate-cancer/>

Money Helper:



In this age of financial uncertainty, I thought it a good idea to point members in the direction of this website: - www.moneyhelper.org.uk. It is a government backed site covering all aspects of financial advice i.e., support, assistance, and guidance. Have a look and see what you think.

Wanted, For Sale & Free Notices:



Do you have an item for sale, for free or are you looking for something in particular? Please feel free to email the editor - bjcoi8@gmail.com with a price, picture, and a brief description along with your contact details. I shall endeavour to list the item here.

Note: All transactions are **strictly** between two parties. WMS does **not** endorse nor guarantee any items sold.





The Shed Journal



Business & Administration:

Shed opening days and times 2024	
Social Room	Mondays and Wednesdays 09:00 till 12:00
Woodwork Shop	Mondays and Thursdays 09:00 till 12:00
Computer Room	Mondays and Thursdays 09:00 till 12:00

Your elected committee:

Malcolm Trayhorn: Chairman, Social Secretary & Press Neil Rowe: Secretary & Website John Chamberlin: Treasurer, Memberships & Journal	Gordon Williams: Vice Chairman Jeffrey Heath: Tech supervisor John Bunning: Tech assistant	Rob Fielding: Workshop supervisor Dave Cooper: Committee Support
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Committee meeting:

With the shed running smoothly, the committee are now moving to bi-monthly meetings.

The next committee meeting will be on **Wednesday 8th January 2025 at 3pm** in the Sports Centre.

Should any member wish to submit an item for discussion by the committee please email your request direct to the Secretary. [Neil Rowe](mailto:neilr101@btinternet.com) - email: neilr101@btinternet.com

Committee note: The minutes of all committee meetings are available for perusal in the minute book at the shed, therefore a draft copy will not be individually distributed to shed members. However, should any member require an e-copy, they may request the same on application to the secretary.

Treasurers Report:

“Shed finances remain very secure having been recently bolstered by our second payout from the Co-Op grant scheme. The committee thank you once again for your continued support by your regular attendance.

Full, yearly & monthly accounts may be examined, and any questions answered upon application to myself.”

[John Chamberlin](mailto:bjcoi8@gmail.com) – Treasurer – email: bjcoi8@gmail.com

Memberships Report:

*“Memberships have now reached 89. We have 3 new members, please welcome and make feel at home, **Chris Kilburn, Mark Baldwin and Terry Spurr**. On Monday 11th November we equalled our single day attendance record, 52 members in one morning. I feel confident that not many clubs/associations of our size could boast that over half their membership are regularly in attendance.”*

[John Chamberlin](mailto:bjcoi8@gmail.com) – Membership Secretary – email: bjcoi8@gmail.com

WMS Website:



Our website address is: www.waylandmensshed.co.uk.

Members are encouraged to visit the site and have a look around. The site is regularly updated and our continued thanks go to Neil Rowe for his ongoing efforts. Constructive comments, suggestions or ideas for improvement and/or potential new content are very welcome. Just approach Neil or any committee member.

Health & Safety:



It is important that we know how many members are in attendance. **Please ensure that you visit the Main Hall to sign-in, do not just go to the Workshop/Computer rooms.**

All members have a duty of care for themselves and others whilst on the premises. Should you become aware of any issues please ensure that you inform a committee member at once. All accidents and incidents should be recorded in the ledgers provided; they're located in the filing cabinet in the workshop.



The Shed Journal



JOURNAL QUIZ ANSWERS:

COUNTY LINES					
1	Devon	10	East Sussex	18	Cornwall
2	Essex	11	Norfolk	19	Buckinghamshire
3	Northumberland	12	Oxfordshire	20	Suffolk
4	Gloucestershire	13	Shropshire	21	Surrey
5	Derbyshire	14	Bedfordshire	22	Lancashire
6	Cheshire	15	Yorkshire	23	Bristol
7	Wiltshire	16	Somerset	24	Warwickshire
8	Kent	17	Lincolnshire	25	Staffordshire
9	Leicestershire				

Please visit our website: www.waylandmensshed.co.uk which is regularly updated.
 You can also contact us via email: waylandmensshed@gmail.com

If you wish to make a compliment, complaint, or comment, please feel free to do so. Without constructive feedback it is difficult for the WMS Committee to know if they are meeting member's expectations.

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